



If you are feeling
sad, lonely, anxious...

**HELP IS ALL
AROUND YOU!**

In Miami-Dade County
Public Schools

MENTAL WELLNESS MATTERS



School Resources:

Students: Talk to a teacher, school counselor or mental health professional who can guide you to and/or assist with needed support.



Community Resources:

District and school staff work with students, parents/guardians and families to provide outside mental health agency support.



For Additional Assistance:

Parents: Contact your child's school or the department assistance line at (305) 995-7100.

Students: 24-hour crisis support
Call: 1-800-784-2433
Text: HELLO to 741741



M-DCPS
DEPARTMENT OF
MENTAL HEALTH SERVICES

FIND US ON SOCIAL MEDIA:



@MDCPS_MHS

#MDCPSMentalHealth

mentalhealthservices.dadeschools.net